

ABSTRACT

A device and method for teaching a person the proper way to swing a baseball bat or the like. The swing trainer comprises an elongated shaft having a circular cross-section with a grip handle on one end of the shaft and a head on the other end. A stop is located in the area where the shaft and handle meet and a slide is mounted on the shaft for movement along the shaft between the head and the stop. To use the trainer, the user places one hand on the handle of the swing trainer and the other hand on the slide with the slide at a location spaced from the handle. As the user swings the trainer, the user moves the slide along the shaft toward the handle until the handle contacts the stop and the user's hands are close together. This movement of the hands and slide during the swing causes the batter to swing the bat outwardly, away from the body. The user's swing technique may be tested by the user placing the slide in its position closest to the handle and gripping the trainer in a manner similar to a conventional bat and swinging the trainer as if it were a conventional bat, thereby causing the slide to move from a position adjacent the handle along the shaft until it strikes the head and causes an audible sound, which informs the user of the progress of the user's swing technique.